

- **Fit Fun** – A low-impact aerobics class, which includes cardio, strength training and stretching
- **Fit in 30** – A 30-minute workout with emphasis on strength training, core work, balance and stretching
- **Yoga Fit** – A restorative yoga class emphasizing on stretching, basic yoga postures, balance and meditation
- **Cardio Drumming** – Low-impact workout using drumsticks and exercise balls for a fun, energetic workout
- **Cost:** \$50.00/11-visit punch card \$5.00/drop-in fee \$3.00/drop-in fee for Fit in 30
- For information contact Beth Trahan @989-894-0671 or trahanb@baycounty.net

APRIL 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30-6:30	7th Cardio Drum - 9:30-10:15	8th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30- 6:30	9th Yoga Fit - 9:30-10:30	10th CENTER CLOSED NO CLASSES
13th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30- 6:30	14th Cardio Drum - 9:30-10:15	15th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30- 6:30	16th Yoga Fit - 9:30-10:30	17th Fit Fun - 9:30-10:30
20th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30- 6:30	21st Cardio Drum - 9:30-10:15	22nd Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00	23rd Yoga Fit - 9:30-10:30	24th Fit Fun - 9:30-10:30
27th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00 Yoga Fit - 5:30- 6:30	28th Cardio Drum - 9:30-10:15	29th Fit Fun - 9:30-10:30 Fit in 30 - 12:30-1:00	30th Yoga Fit - 9:30-10:30	1st Fit Fun - 9:30-10:30